



KIDS CHAT

Kids Chat provides those in a parenting role with top tips and strategies on how to improve communication between you and your children.

ROUTINE READY

For parents and carers of primary school aged children. Learn why routine is important; how to manage when routines change; adjusting routines as kids grow up; how to create morning and evening routines that work and how to talk to your kids about boundaries

LET'S EAT

This presentation looks at what drives children's fussy eating and where parents can make an impact. The group will explore positive strategies which can make mealtime more manageable

INTRO TO EMOTION COACHING

Provides those in a parenting role with skills that help children to understand and regulate their emotions. The presentation covers what is emotional intelligence, how emotion coaching improves your child's behaviour, what is empathy and how to provide your child with opportunities to talk about their emotions.

TECH SAVVY

Learn all about cyber bullying and internet safety, tips on securing your social media, negotiating screen time and parental controls.

JUST FOR DADS

Activity based events that enables those in a fathering role to spend quality time with their children. A chance for dads to meet other dads and an opportunity to discuss any parenting concerns in a fun and relaxed environment.

TAKE A BREAK

This presentation covers self-care, the different types of self-care, self-care with your kids and quick and simple ways to give yourself self-care

